

Senior Sentinel

www.carsoncityseniorcenter.org



Hours of Operation

Monday through Friday, 9 a.m. to 4 p.m.

On-Site Lunch served: 11 a.m. to 12:30 p.m., M-F

911 Beverly Drive, Carson City, Nevada 89706

(775) 883-0703

seniorcenternewsletter@carson.org

www.carsoncityseniorcenter.org

UPCOMING HOLIDAYS



Monday, January 1 - CLOSED



Monday, January 15 - CLOSED

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Center Insert

- Activity Calendar & Menu

from the Director, Courtney Warner

Did you know you have lots of choices when it comes to dining at the Senior Center?

1. Don't want to wait? Consider arriving later, closer to noon to avoid longer lines.
2. Take-out? Absolutely! Just bring containers to pack up your meal.
3. Like to add spice or flavor? Try our condiment bar inside the beverage area. If your favorite is missing, let us know and we will try to add it - or better yet, bring us a sealed bottle to add.
4. Drink lots of water? There's a new water bottle filling station in the hallway by the restroom in the lobby.
5. Not a fan of today's meal? Try the new entrée salad option available on most days.

We're happy to add options to your experience.
Continue to tell us how we are doing!



Thank you to the Christmas Show performers!
\$425 raised for Meals on Wheels, plus an amazing show!

VOLUNTEER *Spotlight*



ROXIE ATKINS

Roxie Atkins recently started volunteering at the lunch check-in desk.

Roxie lived for many years in the city of Oakland, CA. After her husband of 54 years passed away, she decided to retire and move to Carson City to be with her family that live here. Roxie enjoys long walks for exercise and to help center herself. Music and dance are also a large part of her life. She likes working the check in desk because she gets to meet many new people and interact with them.

Please welcome Roxie to the community.



QUEEN

Pauletta May
81

KING

Glenn Holmes
88



December Birthdays



Celebrate your birthday with us -
1st Friday of each month!

RESOURCE LIST

Nevada 211 (Nevada Care Connection)	211
Adult Protective Services	1-888-729-0571
Aging & Disability/CHIP	775-687-4210
Alzheimer Association	1-800-272-3900
Care Chest	775-829-2273
Carson City Health & Human Services	775-887-2190
Crisis Support Services of Nevada	775-784-8090
Day Labor	775-687-6899
Elder Care Law (RSVP)	775-687-4680
Energy Assistance Program	775-684-0730
Food Bank of Northern Nevada	775-331-3663
Jump Around Carson (JAC Transit)	775-841-7433
Medication Management Program	775-784-1808
(Sanford Center for Aging)	
Nevada Legal Services	775-284-3491
Nevada Rural Housing Authority (HUD)	775- 887-1795
Nevada State Welfare Office	775-684-0800
Northern NV Center for Independent Living ..	775-353-3599
Retired & Senior Volunteer Program (RSVP)...	775-687-4680
Ron Wood Family Resource Center	775-884-2269
Sanford Center on Aging	775-784-4774
Senior Companion Program	775-358-2322
Senior RX	1-866-303-6323
Social Security Administration	1-800-772-1213
State Health Insurance Program (SHIP).....	1-800-307-4444
Suicide Prevention Lifeline	1-800-273-8255
Veterans Administration	775-786-7200
VA Medical Benefits Information	1-800-827-1000
VARN (Volunteer Attorneys for Rural NV) ...	775-883-8278
Weatherization Program	775-887-1795, X124
(Nevada Rural Housing Authority)	

Snowflake Maze

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ALZHEIMER'S SUPPORT GROUP

www.alz.org

Meets 4th Wednesday of the
month, 2:30 p.m. to 4:00 p.m.
Carson City Senior Center
911 Beverly Dr., Carson City

We offer a variety of no cost education,
support groups, early stage engagement
activities, care consultations, respite
funding, information and referrals.

National Alzheimer's Helpline
1-800-272-3900
Available to you 24/7



Hearing Care of Carson City, LTD.

Hearing Aids & Audiology

Brett M. Weeks, Aud
Doctor of Audiology

Mark Weeks, MCD
CCC Audiologist

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775.885.9888



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UPCOMING *Events*



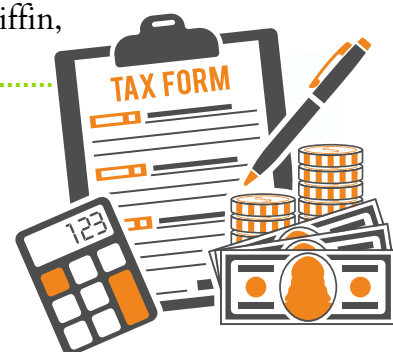
A Conversation with Kathy Nelson

When: Tuesday, January 30, 12:30pm

Where: Joshua Tree

About the Event: Kathy Nelson is a poet and a 2024 Nevada Arts Council Artist Fellow*. As a relative newcomer to the area, she writes poetry about the northern Nevada landscape and ecosystem in order to acquaint herself with the area's beauty and distinct character. Kathy will share her experience and her poetry as well as answer questions.

More Conversations Coming: Feb. 20 - Shaun Griffin,
Mar. 12 - Three Women Reading Poetry



TAX Preparation Services

When: Appointments scheduled starting Tuesday, January 16;

Tax Season: Monday & Wednesdays, February 5 through April 10.

Where: Library & Computer Lab

About the Event: AARP Foundation Tax-Aide Volunteers will be providing free tax preparation services at the Carson City Senior Center.

Fee: Free, donations welcome!

Appointments Required: Call Reception (775) 883-0703 no sooner than Tuesday, January 16.

Menu Committee

When: Tuesday, January 9, 10am

Where: Zephyr Room

About the Event: Engage with Kitchen Manager, Kaleb Heflin to preview next month's menu, give input into menu planning and enjoy a tasting of something new!



Use caution when on sidewalks and entering/exiting your vehicle. In the event of extreme winter conditions, we may need to close and will have a recording on our voicemail with more information. If we are closed, Meals on Wheels will not be delivered. For more information or to verify the Senior Center is open, call 775-883-0703.



Barry's Trivia Question of the Month

by Barry R. Bjorkman
Former Advisory Council Chairman

Q: Camp David is located in what state?

Previous Month's Question & Answer

Q. What is the Capital of Libya?

A. Tripoli

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775-434-8145
S.0188952**YOUR AD HERE**Contact Courtney
(775) 883-0703EXPERIENCE
CONNECTIONS.

What people are saying about CONNECTIONS.

"I leave
inspired.""It's fun and
energizing.""I meet new
people."Featured Theme: **"Kindness"**

January 16th • 1:00 - 2:30

(And every third Tuesday of the Month)

Senior Center, 911 Beverly Drive, Nevada Rm
Complimentary Refreshments**connections**
central

Sharing Stories. Making Connections. Changing Lives.

www.connectionscentral.org**Celebrate Life at Sunset Senior Living**
Adaptive & Memory Care Now Open!**SUNSET**
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SEASONAL EATING IN JANUARY

By Laura Deverse RD, LD, CNSC, CDCES, Carson Tahoe Diabetes & Nutrition Educator

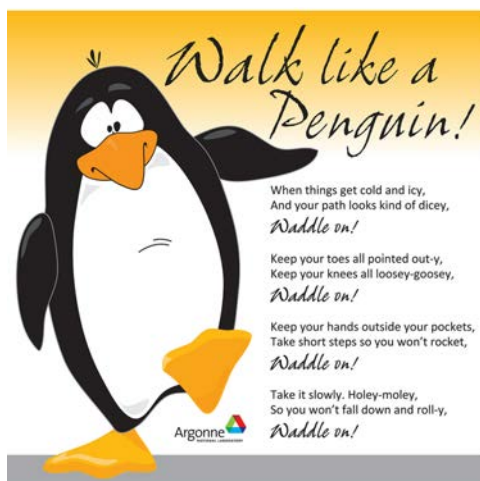
After the holidays, people often look to reset and start the New Year off with a resolution. Many people choose diet and a goal to eat healthier. But as you probably know, New Year's resolutions can be



tough to stick with. Keeping it simple can help you stay on track for the long haul. Many of the healthier diets, like Mediterranean and Dash include up to 7-10 servings of fruits and vegetables. So after all those holiday treats, it is a perfect time to add some produce back into our diet. One of the biggest complaints I hear this time of year is that fresh fruits and vegetables do not taste good and are expensive. Eating "in season" can change that. We often do not think about what might be in season in January, it is winter after all! However there many options for us that are economical, loaded with fiber and other nutrients, and easy to prepare.

Popular vegetables that are easily available this year include potatoes, yams, cabbage and winter squash. Autumn fruits remain available and there is still quite a variety of apples and pears on the shelves. Try a warm bowl of potato soup with a baked apple for dessert to keep the winter chill at bay. Other fruits that begin to come into season in January include citrus fruits and pomegranates. Use them in a salad with shaved Brussel sprouts and cabbage or make a citrus salad dressing to pour over roasted beets. Sweet potatoes fries are simple to prepare and you can season with your favorite herbs, like chili powder for a kick!

With a little imagination, you can change your diet and your health in a positive way! Keep your resolution and enjoy it while you do!



WHY CAN'T THE BICYCLE STAND UP BY ITSELF?



IT'S TWO TIRED

SOCIAL SECURITY CARDS ARE SAFER AT HOME

By Social Security, Elko, Nevada

Scams to steal your personal information are at an all-time high. That's why it remains critical to safeguard important personal documents like your Social Security card. A Social Security card is not an identification document. In many situations, you only need to know your Social Security number (SSN). Your physical card is not necessary for most business needs.

You do not need to show your physical card to apply for certain benefits. You can simply provide your SSN for benefits like housing, health insurance, or food assistance. You should also know your physical card is not required as evidence for the Department of Motor Vehicles. The only state that requires a physical card is Pennsylvania. For all other states, acceptable evidence includes: W-2 forms OR Form SSA-1099 OR Non-SSA-1099 forms OR Pay stubs.

Keeping your card at home reduces the risk of loss or theft and helps you keep your information safe. To learn more about keeping your card and information safe, please visit our Fraud Prevention and Reporting webpage at www.ssa.gov/fraud.

SUBARU share the love® EVENT

November 16 through January 2.

NOTICE BOARD

AARP Driver's Safety Class

2024 Classes: Feb. 5, Apr. 8,
June 3, Aug. 5, Oct. 7
9:30 a.m. to 2:30 p.m.
Tahoe Room

\$20 AARP Member, \$25 non-member
payable day of class (cash or check)
Register at Reception

DANCE PARTY

with Potluck
Saturday, January 6
6 p.m. to 9 p.m.

Admission \$10 per person

Live music with
Don & Nadine

Volunteer Needed!

AARP Taxaide receptionist is needed for the 2024 Tax Season. Mondays and/or Wednesdays, from 11-4pm, from February 5 thru April 10. The receptionist greets and checks in taxpayers for their appointments. If interested contact Shirley Woods, at 559-362-8887.

BINGO

Sunday, January 14
Sunday, January 28

Doors open at 11 a.m.
Games start at 1 p.m.

Must be 21 to play
All proceeds benefit
Meals on Wheels!

DIABETES SUPPORT GROUP

2nd Wednesday
1-2pm

Hosted by Carson
Tahoe Health

Nevada Legal Services

1st Thursday by
appointment

Call Reception for
appointment

YOGA

Tuesdays, 11:30am

Fee: \$5.00/class or
10 classes for \$40.00

thank you

So many to thank, it would take up the whole newsletter!

Thank you to our Christmas Gift Donors!

Thank you to Carson City Elks Club for your donation to Meals on Wheels!

Thank you to Kaempfer Crowell Law Firm for your donation to Meals on Wheels!



Get your OWN copy of the Senior Sentinel!

- Email (free) – Send an email to seniorcenternewsletter@carson.org
- Online (free) – Visit carsoncityseniorcenter.org to view the latest edition.
- Mail (\$20.00/year) – Mail or drop off cash or check to our Finance Office with your mailing address.

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Director: Courtney Warner
Elder Resource Advocate: Warren Bottino
Business Manager: Michael Salogga
Kitchen Manager: Kaleb Heflin
MOW Coordinator: Ashley Howell
Volunteer Coord. & Accounting: Linda Zimmerli
Volunteer Assistant: James Painter
Kitchen Crew: Chris, Nick, Pops, Scott, Sharon
MOW Drivers: Amanda, Julie, Ken, Matt, Rudy, Tom

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